

DECEMBER 2025

At the Center Of It All



Central Wyoming Senior Services Inc.
1831 East 4th Street | Casper WY
(307) 265-4678



THE SENIOR CENTER
IS PARTNERING WITH



TO BRING TO STAGE THE PLAY:



TICKET PRICES:
ADULT \$15
SENIOR/STUDENT \$12

DATE: DECEMBER 4TH
SHOWTIME: 7:30PM



Christmas Closures:

Wednesday, Dec. 24th at 2PM

Thursday, Dec. 25th - all day



New Year's Closures:

Wednesday, Dec. 31st at 2PM

Thursday, Jan. 1st - all day

PROUD
PARTNER OF:



**FOOD
BANK**
OF WYOMING™



Central Wyoming
Senior Services, Inc.
"The Heart of Natrona County"

Programs:

Title III-C (Congregate Meals)
Title III-B (Activities)
Title III-E (Family Caregiver)
WyHS (Wyoming Home Services)

Vision:

To enrich the lives of individuals aged 60 and older by providing community services and resources to maintain their dignity and independence.

Mission:

To assist individuals aged 60 and older in Natrona County by providing or accessing community services and resources to maintain their dignity and independence using qualified and trained staff to help them meet their nutritional, educational, social, emotional, financial, and recreational needs.

WHO'S WHO AROUND THE CENTER

Board of Directors

Bob Carpenter	President
Gracie Becker	Vice President
Kim Latka	Treasurer
Kate Maxwell	Secretary
Bob Lemmon	Ron Strang
Debera Siems	Susan Burk
Gloria Fuhrer	Zulima Lopez
Lori Spearman	

Michael Bond City Council Liason

Staff

Rachel Brown Executive Director

Lacey Kidman Community Programs Dir.

Christine Coffey Access Care Coordinator

Aides: Sarah George CNA: Caitlan Knotts

Jazzmin Kidman
Jessica Massey
Shauda Dellinger
Blaize Favre



Kimberly Cooper Dietary Director

Johnna Moore Head Cook

Aides: MaKayla Archambault Dusty Plummer
Quinton Easley Azarian Tanksley
Craig Kwedor Zach Focht
CJ Oryall Angel DeLoria
Andrew Coffey Pearl Weakland (Mills)
Charlie Mason (Evansville)



Rae Appel HR/Bookkeeping
Virlie Heyer Reception/Data Entry
Rachel Mundy Activity/Volunteer Coordinator

Adam Flores Maintenance Tech.

Wally Aakre Janitor

Locations

CASPER (MAIN)

1831 East 4th Street | (307) 265-4678

MILLS

401 Wasatch | (307) 237-1317

EVANSVILLE

71 Curtis Street | (307) 315-6719

Connect with us:



www.facebook.com/casperseniorcenter



www.casperseniorcenter.com



Volunteers

Dining Room:

Jimmy S. Ernie T. Deb
Michelle H. Jim K. Melva
Jancy Masayo Donna S.

Food Bank:

Jim K2
Phyllis C.
Jean H.
Mary G.
Donna F.
Bev F.
Jackie H.
Dianne L.
Joe L.
Bernice M.

Deja Brew Baristas:

Mon-Nancy E. Tues-Linda N.
Wed-Patti P. Thurs-Kathy D.
Fri-Maddy Helper-Zack

Activities:

Ruth D. Leona
Peggy E. Buck
Lori S. Ruth Anne
Joyce S. Machelie
Barb P. Ethan

Miscellaneous:

Lori M. Front Desk
Carolyn E. Front Desk
Mike L. Decorations
Sandy L. Decorations
Sally L. Decorations
Kathy P. Greeter

In-Home

Kitchen

Admin

Facility Upkeep

From the Desk of the Director:

Welcoming the Holiday Season!

We hope everyone had a wonderful Thanksgiving filled with warmth, good food, and great company. It was such a joy to share the season with so many of you here at the Center—your presence is what makes our community feel like family.

Now the big question... is everyone ready for Christmas?

If not, don't worry you're in good company! Around here, we're still searching for the tape, untangling lights, and wondering where we put last year's ornaments. But one thing we are ready for is celebrating the season with all of you.

As we wrap up the year, we're reminded of how deeply we rely on the support and generosity of our community. If you're considering end-of-year giving, we hope you'll keep the Senior Center in mind. Every donation, big or small, helps us continue serving seniors in Natrona County with meals, activities, resources, and a welcoming place to connect.

Your kindness makes a real difference.

Together, we keep the spirit of the season alive every day of the year.

Wishing you a joyful December and a very Merry Christmas!

Rachel Brown

rachelh@casperseniorcenter.com or 307-265-4678

**SUPPORT OUR
ADVERTISERS!**

**WE APPRECIATE OUR
ADVERTISERS!**

FREE AD DESIGN

WITH PURCHASE OF THIS SPACE

CALL 800.950.9952

**NEVER MISS
OUR NEWSLETTER!**

SUBSCRIBE

Have our newsletter
emailed to you.

Visit www.mycommunityonline.com

**ARE YOU REACHING
THE MEMBERS IN YOUR
COMMUNITY?**

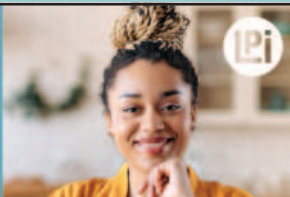
To advertise here
visit [lpicommunities.com
/adcreator](http://lpicommunities.com/adcreator)

WE'RE HIRING!

AD SALES EXECUTIVES

**BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.**

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

*St. Anthony
Manor*

NOW TAKING APPLICATIONS

HOUSING SENIORS 62 & OVER
& DISABLED REQUIRING
FEATURES OF ADA UNIT

RENT IS 30% OF INCOME

307-237-0843

211 East 6th St. • Casper WY 82601

Helping Hands

ADDITIONAL SERVICES PROVIDED BY CENTRAL WYOMING SENIOR SERVICES WYOMING HOME SERVICES

&

NATIONAL FAMILY CAREGIVER PROGRAM

are programs that provide assistance to individuals in their home.

SERVICES INCLUDE:



HOUSEKEEPING



PERSONAL CARE



RESPIRE



CASE MANAGEMENT

**Any questions? Come see Lacey or Christine!
Or give us a call at (307) 265-4678**

Central Wyoming Senior Services Mission Statement

Our mission

To assist individuals aged 60 and older in Natrona County by providing or accessing community services and resources to maintain their dignity and independence using qualified and trained staff to help them meet their nutritional, educational, social, emotional, financial, and recreational needs.

Our Vision

To enrich the lives of individuals age 60 and older by providing community services and resources to maintain their

DIGNITY and **INDEPENDENCE.**

The personal mission of our Center's Director and Staff is to make every member feel welcome, wanted, included, and loved every time they come through our doors.

Meal Prices:

The suggested donation for a single senior (60+) meal is \$6.00. We offer 10 and 20 count punch tickets including one bonus meal with every 20-punch ticket donation.

Remember that our guests under the age of 60 need to purchase a single meal ticket at the Front Office for \$9.00. (When you invite a non-senior guest, please stop and purchase a lunch ticket for their meal at the office.)

Thank you for your support of our meal program!

Meal Times:

Casper - 11AM to 1PM

Evansville/Mills - Noon to 1PM

Reservations required for sites!

Last Edition Answers:



The first Thanksgiving Day NFL game occurred in 1920, the year the NFL was created, played by the teams Chicago Tigers and Decatur Staleys.



DECEMBER

HIDDEN IMAGE: Hidden Twice
Find Both for 2 entries!



DECEMBER TRIVIA:

What occurrence from Dec. 14, 1807 in the eastern U.S. became the first discovery of its kind in the 'New World'?

If you are 60 or older with a birthday in the month of December, please submit this to the Front Office for a lunch ticket.

Name: _____

Birthdate: _____

Casper, Wyoming

Coffee with the Board

2nd Tuesday each month

10AM in Deja Brew

NEXT DATE:

December 9th

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



ADT Authorized Provider

SafeStreets

833-287-3502

Need help looking for information?

Wyoming 211 can help!

- Food Pantries
- Mental Health Services
- In Home Assistance
- Prescription Expense Help
- And much more!



Call 211

Visit www.wyoming211.org

Text your ZIP code to 898211

SUPPORT OUR ADVERTISERS!

HEIDI OLSON
REALTORS®

307.277.5411 cell
HeidiOlson@kw.com
HeidiOlson.kw.com

KELLER WILLIAMS® REALTY WESTERN TRAILS
907 N Poplar St. Ste. #232
Casper, WY 82601

Each office is independently owned and operated

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.

Visit www.mycommunityonline.com



LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME Bill Clough

wclough@lpicommunities.com • (800) 950-9952 x2635

Gifts & Memorials

Note: This is a list for Gifts or Memorials given between September 24th - October 23rd 2025. If donations were made between those dates and you were not recognized, please see the Front Office.

What your Memorial Does:

The Board of Directors has directed Memorial Gifts be spent only on items of lasting value, not general operations. When we last expanded the Center, we used memorial gifts to match One Cent and other county money. Just note on your check that the gift is a memorial and the name of the person you wish to be remembered.



Gifts



Karen Brannon
Frank Stofflet
Ardell Breed
John Savage
Bev Loftin
Anonymous Donor(s)

Memorials



Carolyn Christie

Helen Hoff

thank you



A Special Thanks to Craft Group and Peggy Elston

Thank you to our wonderful craft group—and especially to Peggy Elston—for creating such a beautiful display case. Your creativity, care, and hard work shine through in every detail. We're so grateful for the talent and heart you share with our community.



WEEKLY

JACKPOT

ON
Wednesday

BINGO

AT

1:30PM

DECEMBER 3, 10, 17, 31



\$0.25 per card/per game

Up to 30 Games per Session

Must be 18 or older to play

Minimum Progressive Jackpot of \$50

Every Game can be won in 5 #s or less



PLEASE NOTE:

NO BINGO ON

DECEMBER 24TH



ODD JOB
SQUAD

HARD WORK, LOW PRICE

Kimberly Weikum

Repairs & Maintenance
Installation • Assembly
Upgrades • Build

"We take care of "the little things"

ODDJOBSSQUAD.NET

307-433-7854

Local help with your Medicare
questions.



Sandra Skinner

Licensed Sales Agent

Ofc: 307-309-5055, TTY 711 Cell: 307-262-1498

sandra.skinner17@outlook.com

myuhcagent.com/sandra-skinner



UnitedHealthcare

HILLTOP BANK

WEALTH
MANAGEMENT

- TRUST & ESTATE ADMINISTRATION
- CUSTOMIZED INVESTMENT MANAGEMENT
- CONSERVATORSHIPS
- RETIREMENT PLANS

(307) 577-3470 or (800) 473-0615 • www.hilltop.bank

Wealth management products are not FDIC insured,
may lose value, and have no bank guarantee.

*Hoffman Monuments
and Stoneworks, LLC*

*Specializing in Monument and
Natural Stone Designs and Engraving*



MONUMENTS • NATURAL STONE
VASES • VAULTS • PORCELEIN PHOTOS
HEADSTONE CLEANING • CEMETERY LETTERING

307.577.6314

1205 South Melrose | Casper
www.hoffmanmonuments.com



For ad info, call 1-800-950-9952 • www.lpicommunities.com

Central Wyoming Senior Services, Casper, WY

C 4C 05-06417



Yum



Fresh Facts from the Kitchen



Holiday Proof Your Food Plan:

You may not be able to control what food you're served, and you're going to see other people eating tempting treats. Meet the challenges armed with a plan:

- Eat close to your usual times to keep your blood sugar steady. Eat a small snack at your usual mealtime if needed, and have a little less when dinner is served.
- Invited to a party? Offer to bring a healthy dish along.
- Plan your carb choices in advance. For example, if you're going to have a sweet treat, cut back on other carbs like potatoes, bread, or pasta dishes.
- Don't skip meals to save up for a feast. When you're really hungry you might be more likely to overeat.
- Avoid or limit alcohol. If you do have an alcoholic drink, avoid sugary mixers like juice or soda and eat food.
- Don't forget to check your blood sugar, even in the middle of holiday festivities.

<https://www.cdc.gov/diabetes/healthy-eating/5-healthy-eating-tips-holidays.html>



Alzheimer's Caregiver Support



Series:

Join us as we partner with Alzheimer's Association of Wyoming for a limited series to provide support and resources for caregivers of individuals with Alzheimer's and other dementias.

January 7th

January 14th

January 21st

January 28th

5:30PM - 6:30PM



December 2025 Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Salisbury Steak Garlic Fettuccine Spinach Apricots Wheat Roll Lemon Pudding	2 Pepper Cheese Soup w/ Deli Hoagie Creamy Slaw Apple Crisp	3 Pork Chow Mein Fried Rice Sesame Green Beans Asian Cucumbers WW Roll Diced Pears	4 Chicken Cacciatore Garlic Pasta Green Beans & Onions Breadstick Italian Tossed Salad Frosted White Cake	5 Salmon Fillet Creamy Risotto Roasted Broccoli Cole Slaw Honey Wheat Biscuit Orange Jello	6 Baked Tilapia Sweet Potatoes Herb Roasted Tomatoes Tossed Salad Spinach Bread Pineapple Fluff	 Saint Nicholas Day
7 Pepper Steak Rice Pilaf Green Bean Medley Lettuce Wedge WW Roll Blueberry Pie	8 Ham Scalloped Potatoes Peas Dill Cucumbers Corn Muffin Rosy Applesauce	9 Beef Stroganoff Golden Corn Russian Garden Salad Whole Wheat Roll Orange Jello	10  International Human Rights Day Beef Stew Steamed Cabbage Cornbread Mandarin Oranges Peanut Butter cookie	11 Broccoli Cheese Soup Chicken Salad Sandwich On Wheat Stuffed Celery Creamy Slaw Sliced Pears	12 Baked Tilapia Sweet Potatoes Herb Roasted Tomatoes Tossed Salad Spinach Bread Pineapple Fluff	MENU SUBJECT TO CHANGE
14  Monkey Day Chicken & Noodles Roasted Cauliflower Green Salad Raisin Bread Cream Pie	15 Turkey Pot Pie Roasted Broccoli Tomato Basil Salad Brown Bread Red Grapes	16  Boston Tea Party Day Chipped Beef Over Toast Country Mix Dill Cucumbers Fruit Cocktail Bar	17 Oven Fried Chicken Garlic Noodles Roasted Asparagus w/ Bacon Carrot Raisin Salad Citrus Fruit	18 Swedish Meatballs Brown Rice Harvard Beets Diced Pears Chocolate Pudding	19  December B Day Lunch Chicken Fried Steak Mashed Potatoes Parmesan Zucchini Wheat Biscuit Chocolate Cherry Cake	MEALS INCLUDE MILK & BREAD
21  Winter Solstice Hamloaf Oven Brown Potatoes Peas & Carrots Tossed Salad Honey Wheat Biscuit Apple Pie	22 Mushroom Swiss Burger Onion Rings Lettuce & Tomatoes Berry Blend	23 Turkey Tetrazzini Roasted Asparagus Tossed Vegetable Salad French Bread Peach Trifle	24 Glazed Ham Or Roast Lamb Cheesy Potato Bake Green Bean Casserole Tossed Vegetable Salad Christmas Cake	25  Miss a Merry Christmas	26 Breaded Cod Garlic Pasta Corn On the Cob Carrot Raisin Salad Sunflower Bread Peach Crisp	MEALS INCLUDE MILK & BREAD
28 Hot Turkey Sandwich Mashed Potatoes Sliced Carrots Cranberry Apple Sauce Pumpkin Crunch	29 Taco Salad Rice & Beans Spicy Corn Salad Lettuce & Tomatoes Baked Apples	30  Natrona County Cow-Belles Roast Beef Mashed Potatoes Roasted Cauliflower Cottage Cheese Salad Wheat Roll Cherry Crisp	31 Chicken Kiev Creamy Risotto Dill Green Beans Blueberry Almond Green Salad Cheddar Onion Biscuit Toffee Cake	31  New Years Day 1/1/2026 Happy New Year!	Please note the new dish routine: Please place trays on the counter, staff will clear their contents.	



DECEMBER

ACTIVITIES

- 1st - Mexican Train Dominoes - Dining Room - 1pm
2nd - Senior Food Distribution (Main) - Dining Room - 10am - 1pm
2nd - Wellness Clinic (Main) - Dining Room - 10am
3rd - **Deals on Wheels Christmas Sale - Deja Brew 10am - 1pm**
3rd - Jackpot Bingo - Dining Room - 1:30pm - 4pm
4th - **Deals on Wheels Christmas Sale - Deja Brew - 10am - 1pm**
4th - **NO CRAFT CLASS TODAY AT MAIN CENTER**
4th - Senior Food Distribution - Mills - 10am - 1pm
5th - **Deals on Wheels Christmas Sale - Deja Brew - 10am - 1pm**
5th - Friday Feature - Library - 1:30pm
8th - Mexican Train Dominoes - Dining Room - 1pm
8th - Coffee & Conversation - Activity Room - 5pm - 7pm
9th - Senior Food Distribution (Main) - Dining Room - 10am - 1pm
9th - Wellness Clinic (Main) - Dining Room - 10am
9th - Coffee with the Board - Deja Brew - 10am
10th - Jackpot Bingo - Dining Room - 1:30pm - 4pm
11th - Senior Food Distribution - Mills - 10am - 1pm
12th - Friday Feature - Library - 1:30pm
15th - Mexican Train Dominoes - Dining Room - 1pm
16th - Senior Food Distribution (Main) - Dining Room - 10am - 1pm
16th - Wellness Clinic (Main) - Dining Room - 10am
16th - Eyeglass Repair - Dining Room - 11am
17th - Jackpot Bingo - Dining Room - 1:30pm - 4pm
18th - Senior Food Distribution - Mills - 10am - 1pm
19th - FRIDAY FEATURE - LIBRARY - 1:30PM
22nd - Coffee & Conversation - Activity Room - 5pm - 7pm
23rd - Senior Food Distribution (Main) - Dining Room - 10am - 1pm
23rd - Wellness Clinic (Main) - Dining Room - 10am
24th - **NO JACKPOT BINGO TODAY - CWSS closing at 2PM**
25th - **CLOSED FOR HOLIDAY**
26th - Friday Feature - Library - 1:30pm
29th - Mexican Train Dominoes - Dining Room - 1pm
30th - Senior Food Distribution (Main) - Dining Room - 10am - 1pm
31st - Jackpot Bingo - Dining Room - 1:30pm - 4pm



*All activities are
subject to change!*





THANK YOU

United Way
of Natrona County



Rotary

District 5440



Reveille Rotary meets Wednesdays at 7AM



FOOD BANK OF WYOMING



Stay curious in the new year.

**The love of learning
doesn't end at 50.**

OLLI at Casper College is
the place where
you can **Stay Curious.**



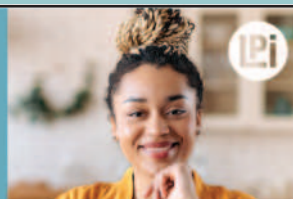
Join today!
307-268-3401

WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

**SUPPORT OUR
ADVERTISERS!**



Senior Center Wish List

1 Popcorn & Salted Butter
to use for #FridayFeature movies

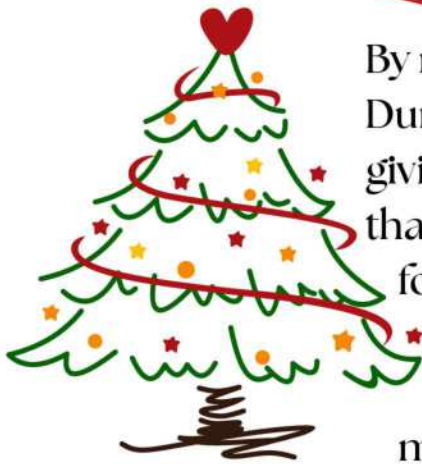
2 \$10 Gift Cards
from local businesses
to be used as prizes for activities

3 Deals on Wheels
to sell jewelry, purses, wallets,
and small household items

4 70" TV Wall Mount
for donated television

5 Yarn
several activities use yarn (if you
want your donation to go to a
specific group, please inform staff)

6 Volunteers
we are always in need of people
with time to share!



By now you've surely noticed the Christmas Tree in the lobby. During this season for it, we are using this particular tree for a giving mission! Many of us are blessed and privileged, but that's not the case for all of our members. Some of our less fortunate members may be struggling to pay an unexpected expense, like replacing an appliance, making a home repair, or just in need of a new coat or pair of shoes to make it through the winter.

Thanks to members of the Mills Center, specifically Bea, we now have beautiful crocheted angels on the tree!

Our members (and community) are invited to extend a helping hand, as you are able. There is a list in the office with suggestions for gift card donations to help an anonymous member with a desperate need.

At this time, we are only accepting gift cards!

SENIOR SAFETY TIPS FROM OUR PARTNER:



Received a Test Kit?

Test kits for DNA, genetic, or neurological testing are being sent to beneficiaries who did not request them.

REPORT IT TO THE SMP!

SMPRESOURCE.ORG
877.808.2468

Supported by a \$1,000,000 grant with 50% funding from ACP/HRS. Contents do not necessarily represent the official views of the U.S. Government.



Be on the lookout for test kits! DNA, genetic, neurological, and even cancer test kits are being sent to Medicare beneficiaries who have not asked for them.

If you get a test kit delivered to you, report it to the SMP at

1 800 856-4398

This could be a scam.

Wyoming
Senior Citizens Inc.

SMP
Senior Medicare Patrol

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator



Home health and hospice for comfort at every stage of life.

Support when you need us, wherever you call home.

CaringEdge
Home Health & Hospice
307.343.1103 | 5870 E 2nd St, Casper | caringedge.com

Wyoming's Local Choice for Seniors!

Smartt

Insurance made simple.

Medicare Supplements & Annuities

[844] 989-5263

www.smarttins.com

Wyoming Owned for more than 15 years
with 4 Locations Across OUR great state

ERIC
SMARTT



Casey
Grisham



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Central Wyoming Senior Services, Casper, WY

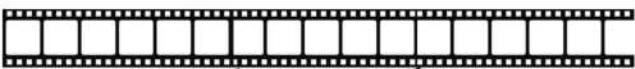
E 4C 05-0641

Central Wyoming Senior Services

Activities for Seniors 60 and Older...

Activity	Day(s)	Time(s)	Room
Afternoon Tai Chi	Tuesday/Thursday	3:00PM-4:00PM	Activity
Bingol (\$0.50/card)	Thursday	12:30PM-2:00PM	Activity
Bridge	Wednesday	12:30PM-4:00PM	Dining
Bridge	Friday	12:00PM-4:00PM	Conference
Canasta	Friday	12:00PM-4:00PM	Dining
Chair Exercise	Mon/Wed/Fri	9:45AM-10:45AM	Dining
Chair Yoga	Tuesday/Thursday	9:15AM-9:45AM	Activity
Clogging (Joyce)	Monday	10:30AM-11:45AM	Activity
Clogging (Lori)	Thursday	10:30AM-11:30AM	Dance Floor
Craft Class	Thursday	10:15AM-12:00PM	Activity
Cribbage	Tuesday	10:00AM-12:00PM	Activity
Feature Film	Friday	1:30PM	Library
Food Distribution	Tuesday	10:00AM-1:00PM	Main-Dining
Food Distribution	Thursday	10:00AM-1:00PM	Mills Site
Line Dance-Beginner	Tuesday	9:00AM-10:00AM	Dance Floor
Line Dance-Improver	Tuesday	10:00AM-11:00AM	Dance Floor
Low Vision Support	2nd Monday	10:00AM-12:00PM	Conference
Mexican Train	Sun/Mon/Thurs	1:00PM	Dining
Pinochle	Thurs/Fri	12:30PM-4:00PM	Dining
Poker	Mon/Wed/Fri	1:00PM	Dining/CNF
Sew Crazy Sewing Club	3rd Tuesday	1:00PM-2:30PM	Activity
VA Caregiver Support	2nd Tuesday	11:00AM-12:00PM	Conference
Wellness Clinic	Tuesday	10:00AM-2:00PM	Dining
Wellness Clinic	Thursday	12:00PM-1:00PM	Evansville/Mills
Wyo. Dementia Care Support Group	1st/3rd Thurs	10:00AM-11:00AM	Conference

FRIDAY FEATURES

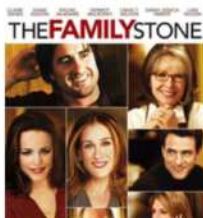


December 5th



Cynical, divorced mother, Doris Walker (*Maureen O'Hara*), makes a last minute hire to play Santa (*Edmund Gwenn*) in the Macy's Thanksgiving Parade. He is such a hit that he's recruited to continue his role at the main store. His claims of being the genuine Santa lead to legal conflict.

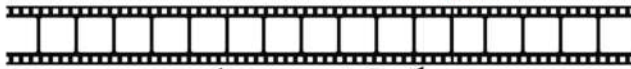
December 12th



The Stone family protests when the eldest son (*Dermot Mulroney*) brings his uptight girlfriend (*Sarah Jessica Parker*) home for the holidays. Facing the hostile reception, she brings her sister to support her, triggering further



WEEKLY AT 1:30 PM SENIOR CENTER LIBRARY



December 19th

The Griswold family is preparing a big family Christmas, but things never run smoothly for Clark (*Chevy Chase*), his wife Ellen (*Beverly D'Angelo*), and their two kids. Clark's perennial bad luck is aggravated by obnoxious family guests and electrical mishaps. Thank goodness for a big holiday bonus... right?



December 26th

Georgia Byrd (*Queen Latifah*), a low-level employee at a department store chain, is diagnosed with a terminal illness and given three weeks to live. After denying herself her desires her entire life, and with nothing left to lose,



GW MECHANICAL INC
YOUR PLUMBING & HEATING SPECIALISTS SINCE 1988

- Water Softeners Installed
- Water Heaters • Tankless Water Heaters
- Hot Water Boilers
- Shower • Toilets • Sinks • Faucets

CALL US FOR YOUR PLUMBING NEEDS!
307-472-2081 • GWMechanical.com

Assisting Casper Seniors And Their Families

Downsizing,
Home Transitions
& Packing

Other Services: Housekeeping,
Decluttering, Cleaning, and Hoarding

Asha Ariya
LLC

Call or Text Asha: 307-441-1942
www.AshaAriya.com
Licensed LLC - Insured

Free Quote

Are you ignoring the signs?

Can you read the signs correctly to determine if your heartburn is just that, and something more serious?

For more than 3 million people in the U.S. chronic heartburn has turned into Barrett's Esophagus, a pre-cancerous condition. Many don't even know they have it.

Take control of your health and ask your doctor about your risk for developing Barrett's Esophagus and treatment options. Gastroenterology Associates has the latest technology to diagnose and treat this condition, before it has the opportunity to progress to cancer.

GASTROENTEROLOGY ASSOCIATES, P.C.

To learn more call Gastroenterology Associates
(307) 233-2700 or Toll free (800) 380-1820 to speak to
Dr. Krmpotich, Dr. Cooper, Dr. Joubran
The doctors have treated the most Barrett's Esophagus patients in Wyoming.
You may also visit www.curebarretts.com to learn more online

1441 Wilkins Circle • Casper, Wyoming 82601

CWSS 2025 HIGHLIGHTS



JANUARY 2025
BUBBLES, BAUBLES, & BEANS



FEBRUARY 2025
POOL TOURNAMENT



MARCH 2025
ST. PATRICK'S DAY



Central Wyoming
Senior Services, Inc.

1831 E 4th Street
Casper, WY 82601
(307) 265-4678

*"The Heart of
Natrona County"*

APRIL 2025
HAPPY EASTER & VOLUNTEER APPRECIATION DAY



JULY 2025
PARADE DAY



AUGUST 2025
CASPER MAYOR PROCLAMATION & FOOD DISTRIBUTION



OCTOBER 2025
DONOR APPRECIATION DINNER & HALLOWEEN PARTY

